

SENIORCARE CONGREGATE MEALS - JULY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Oven Fried Chicken w/ Gravy 122 Whipped Potatoes 109 Broccoli Cheddar Soup 183 Peach Cobbler/ Db Baked Peaches 137 Multigrain Bread 130 Cal:803 / Na:784	2 American Chop Suey w/ Onions & Peppers 316 Spinach 113 Green Salad w/House Dressing 62 Fresh Fruit 2 Sjali Bread 129 Cal: 933 / Na: 776	3 Tuna Salad-Sandwich 417 Pasta Salad 214 Tomato & Chick Pea Salad 71 Cantaloupe 7 Wheat Bread 276 Cal: 782 / Na: 949	4 NO SERVICE Happy 4th of July Cal: / Na:	5 Chicken Cordon Blu Supreme Sauce 342 Whipped Potato 109 Brussels Sprouts 12 Jell-O 64 White Bread 121 Cal: 575 / Na: 802
8 Sweet & Sour Pork Rice Florentine 264 Asian Veggie Blend 4 Yogurt & Juice 15 Hearty Wheat Bread 90 138 Cal: 706 / Na: 656	9 Chicken w/ Lemon Picatta Sauce 406 Pasta 3 Tossed Salad w/ French dressing 252 Fresh Fruit 1 Snack n Loaf 160 Cal:867 / Na: 977	10 Macaroni & Cheese Stewed Tomatoes 285 32 Veg Soup 220 Coconut Cake/ DB Angel Food Cake 277 Oatmeal Bread 142 Cal: 825 / Na: 1167	11 Beef Stew w/ peas & carrots 117 Whipped Potato 136 Chilled Peaches 5 Biscuit 330 Cal: 746 / Na: 743	12 Turkey Cranberry-Apple Salad 310 Beet Salad 95 Vin Potato Salad 53 Chilled Pineapple 1 WW Pita Bread (1/2) 170 Cal: 616 / Na: 785
15 Honeu Balsamic-Chicken 349 Rice Pilaf 93 Cauliflower & Green beans 16 Lemon Cake/ DB Angel Food Cake 255 Wheat Bread 138 Cal: 750 / Na: 1008	16 Baked Fish or BBQ Pulled Pork 300 460 Tartar Sauce 85 Lettuce & Tomato 4 Sweet potato hash 304 Broccoli 32 Cantaloupe 7 WW Burger roll 254 #1Cal 651/ Na: 833 #2 Cal? 760 Na: 909	17 Meatloaf w/ gravy 370 Peas & Pearl Onions 68 Whipped Potato 109 Yogurt & Juice 90 Multigrain bread 138 Cal: 794 / Na: 930	18 *Summer Picnic* Tarragon Chicken & Egg Salad Finger Sandwiches Potato Salad Coleslaw Fresh Fruit Salad Cal: / Na:	19 Rib-Q 340 BBQ Sauce 169 Green Beans 5 Butternut Squash 20 Pineapple 1 Wheat Bread 122 Cal: 656 / Na: 812
22 Pulled Pork 307 Mustard BBQ Sauce 89 Potato Wedges 200 Southern Greens 86 Applesauce 46 Hamburger Roll 248 Cal: 713 / Na: 1100	23 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 14 Garden Salad w House Dr 62 Chilled Fruit 10 Multigrain Bread 130 Cal:766 / Na: 955	24 Steak/ Roast Beef 55 Mixed Green Salad 4 tomato & cucumbers French Dressing 250 Corn Chowder 159 Chocolate Cake/DB Angel Food Cake 159 Wheat Bread 138 Cal: 906 / Na: 977	25 Teriyaki Chicken-Meatballs* 556 Jasmine Rice 4 Mandarin Veggie Blend 15 Fresh Orange 0 Snack n Loaf 160 Cal:744/Na: 890	26 Lemon Citrus-Chicken w/ Herbs 350 Red Bliss Potato 101 Zucchini 10 Jell-O 64 WW Dinner Roll 127 Cal: 579 / Na: 807
29 Meatball Sub (chix) w/Marinara Sauce 190 194 Sweet Potato Fries 170 Garlic Spinach 112 Honeydew 15 WW Sub Roll 320 Cal: 703 / Na: 1156	30 Turkey w/Gravy 487 Cranberry Sauce 4 Whipped Potato 109 Peas 68 Sugar Cookie/ DB Lemon 123 Oatmeal Bread 130 Cal: 803 / Na: 1076	31 **Beef Hot Dog* Mustard 55/Relish 540 81 Baked Beans 140 Coleslaw 167 Mandarin Oranges 10 Hot Dog Roll 210 Cal: 773 / Na: 1328**	1 Egg Salad 310 Lettuce Leaf Chic Pea Salad 79 Tomato Florentine Soup 148 Chilled Pears 5 White Bread 242 Cal: 564 / Na: 966	2 Chicken Fajita W/ Peppers & Onions 55 Spanish Rice w/ beans 83 Corn 1 Vanilla Pudding/ DB Choc Pudding 170 Whole Grain Tortilla 220 Cal: 786 / Na: 684

Menu Subject to Change Without Notice. Please let us know if you have any food allergies.

Total Calories and Na include Entrée, sides, dessert, fruit, bread, milk and margarine. Milk: 125 mg sodium, margarine: 35 mg sodium., crackers 56mg sodium.

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.